



THE BOMBAY CITY AMBULANCE CORPS

(FOUNDED 1930)
(Registered under Acts XXI of 1860 and XXIX of 1950)
BRIGADE GAZETTE

GRATIS

No. 651

May, 2017

PART - I NOTIFICATION

A get together of all BCAC associates is scheduled on Saturday, June 3, 2017 to commemorate foundation day (June 2 being working day). Tentative programme is as under. Every BCAC associates need not wait for invitation. Convey your and your BCAC contact associates' details on bcac1930@gmail.com or WhatsApp on 9930847744. Contribution for the expenses of the get together is voluntary. You may sponsor fully or partly tea, refreshment.

1730 hrs	Welcome Tea and refreshments
1830 hrs	Gathering in Moolgaonkar Memorial Hall and Lighting of Lamp
1845 hrs	Welcome address by Honorary Officer Commanding
1900 hrs	Future project development & information
1930 hrs	High Tea (Will be decided later depending of no of participants)

NEWS

One Day Seminar on CPR

One day seminar on CPR was conducted on March 18, 2017 for 30 participants from BFY, Aatmabodh Academy of Yoga and individuals from Ahmedabad.

SUCCESSFUL CPR

Mr. Karamjeet Bhatia, from Ahmedabad, participated in one day seminar on Cardio Pulmonary Resuscitation way back 2009 conducted by our college at our campus. He came across four cases of cardiac arrest. He performed CPR. The last victim survived. He writes :

"I could not save first three victims as I did not followed them till they reach hospital. The last case I did not take chance and went to the hospital with the patient. Continued CPR till the patient was admitted in ICU."

The patient was grateful and the Trustees of Rajasthan Hospital felicitated Mr. Bhatia. He sent photographs of patient and felicitation program.

He with his wife and son attended CPR seminar held on March 18, 2017.

Condensed First Aid Courses

- Two days condensed Basic First Aid Course was conducted at Head Quarters, on March 23 & 24, 2017, each day from 1-00 p.m. to 6-00 p.m. for volunteers of Rangoonwala Foundation.
- Three days a tailor made condensed Basic First Aid Course including fire fighting was conducted at Head Quarters, on March 29, 30 & 31, 2017, each day from 3-00 p.m. to 6-30 p.m. for senior staff of EXIM Bank.

CORPUS DONATIONS

We have received, on (1) March 22, 2017 Rs.10,000/- from The Verma Trust for the prevention of Industrial Accidents and Occupational Diseases and (2) March 23, 2017, Rs.2,500/- from Harjivan Vassonji Charitable Trust as Corpus donations for the earmarked fund for Service Station.

ALL OUR SERVICES ARE FREE, BASED ON VOLUNTARY DONATIONS

**YOU CAN VIEW BRIGADE GAZETTE ON
WEBSITE (bcac.co.in)**

OUR TELEPHONE NOS. : 2201 42 95 and 6633 48 97 • Website : www.bcac.co.in

Donations to General Fund

We have received following donations to the General Fund of the Society :

Date 2017	Amount (Rs.)	Donations Received from
March 2	11,000/-	Aatmabodh Academy of Yoga
March 14	15,000/-	Shree Mumbadevi Mandir Charities
April 6	11,000/-	Aatmabodh Academy of Yoga

Donations to Service Station Fund

We have received following donations to the Service Station Fund of the Society :

Date 2017	Amount (Rs.)	Donations Received from
March 7	10,000/-	The Western India Football Association
March 19	500/-	Mr. Istkar Darji
March 19	14,100/-	Participants of Seminar
March 25	650/-	Ruparam Mistry
April 1	2,000/-	Saran Presents
April 10	10,000/-	Rangoonwala Foundation

Public Duty

Ambulance Car 12 (MH-01-L-9420) with trained staff and equipments such as First Aid box, extra stretcher, oxygen cylinder etc., was posted at Football Ground for football matches as under :

No.	Organiser	Date 2016/2017	Time
1.	ITmagia Solutions	March 23 & 24	10-00 a.m. to 6-00 p.m.
2.	Western India Football Association	April 28, 29 January 31 February 1-3, 6, 8, & 10	2-30 to 6-30 p.m. 9-30 a.m. to 12-00 noon 1-30 to 4-00 p.m.
3.	Colaba Sports League	April 9, 10, 13, 15, 23, 24	2-30 to 9-00 p.m.
4.	The Mumbai Hockey Association	June 1 to 10 (except June 8) June 1 to 10 (Except June 7 to 10) October 3 to 10, 12 to 15, 17, 19 Dec. 7 to 13, 15 & 16	7-30 to 10-00 a.m. 3-30 to 6-30 p.m. 3-00 to 6-00 p.m. 3-00 to 5-00 p.m.
5	Mumbai District Football Association	September 20, 22 & 23	9-00 to 11-00 a.m.
6	Saran Presents (Football)	Nov. 19, 20, 26 & 27, Dec. 11, 18 & 24 January 16 and March 18	9-00 a.m. to 6-00 p.m. 4-30 to 5-15 p.m. 8-30 a.m. to 6-00 p.m.
7	Jai Hind College	Emergency procedure awareness Mock Drill on January 11 January 14	9-30 a.m. to 1-30 p.m. 2-30 to 5-00 p.m.
8	Mumbai Port Sports Council	February 7 to 12	7-00 to 11-30 a.m. 2-00 to 7-00 p.m.

An Appeal

Since use of our Ambulance Service is very poor, Members and well wishers are requested to give publicity of our Free Ambulance Service.

Suggestions for improvement of our services are welcome.

Donations for the FREE FIRST AID AND AMBULANCE SERVICE STATION FUND will be appreciated.

PART II OSTEOPOROSIS

(Continued from BG 650)

7 EASY SOURCES OF CALCIUM		
Source	Quantity	Calcium content
Sesame seed	1 Table spoon	280 mg
Almonds	cup of roasted nuts	200 mg
Figs	cup of dried fig=2 fresh figs	55 mg
Amaranth	1 cup of this grain	275 mg
Turnip greens	1 cup	200 mg
Buttermilk	1 cup	284 mg
Yoghurt	1 cup	415 mg

The Daily Value of calcium as per the US FDA is 1,000 mg for adults and children aged 4 years and above.

— Curtsey Mumbai Mirror

COMMON MYTHS ATTACHED TO OSTEOPOROSIS

MYTH: Osteoporosis is not a very serious or deadly condition.

FACT: Osteoporosis creeps up without any warning symptoms until the first fracture occurs. The different risk, for a woman or man of dying from hip fracture complication is the same as for dying of breast cancer or prostate cancer.

MYTH: Osteoporosis is the problem of elderly women.

FACT: Women have naturally smaller and thinner bones than men, putting them at higher risk. However, an estimated 10 to 25 percent of men develop osteoporosis during their lifetime. Men tend to suffer osteoporotic fractures a decade later in life than women. In older men and women of the same age, women have 90% of the spin fractures, but men have about one-third of the hip fractures.

MYTH: Osteoporosis is natural part of aging.

FACT: Think again. While some bone density is lost with aging, not

everyone is doomed to suffer broken hips and hunch backs. The bone mass acquired during youth is an important determinant of the risk of osteoporotic fracture later.

MYTH : The risk factor for Osteoporosis is advancing age.

FACT : Age is major risk factor, especially for those older than 65 years. But there are a whole host of other risk factors. Some of which are hereditary and some, such as sedentary lifestyle and medication, which can be controlled or managed.

MYTH : Broken bones are the only way to tell if one has Osteoporosis.

FACT : Often osteoporosis is detected only when a bone fracture occurs. However, bone density test every few years for those at high risk of developing osteoporosis helps monitor and detect any bone loss. The test gives important information about the bone strength and probable risk for fracturing a bone in the future.

MYTH : A bone density test is painful and complicated.

FACT : The bone density test is simple and comfortable. A bone densitometer is a large, padded exam table and measures bone density by using a small amount of radiation. While one lies on the back, a scanner passes over the spine and hip area and using small amount of bone mineral that directly relates to bone strength.

MYTH : Drinking milk and taking calcium supplements guarantee prevention of osteoporosis.

FACT : While calcium is important, bone is made of protein as well as minerals. Calcium is essential but is not enough to prevent osteoporosis. There are at least 17 other nutrients that are important for bone health. Many dietary sources contain proteins, phosphorous and other nutrients important for bone health. Additionally, regular exercise and making other healthy lifestyle choices like not smoking all contribute to good health.

MYTH : Only osteoporosis medications can prevent future bone loss.

FACT : Certain medications to prevent and/or treat osteoporosis have been approved. Most of the drugs act by inhibiting the cells that cause bone break down, while one actually stimulates the growth of new bone. Along with the medication a bone friendly diet is recommended.

— Curtsey Mumbai Mirror

FREE FIRST AID AND AMBULANCE SERVICE STATION

SERVICE STATION STATISTICS FOR THE YEAR 2016 - 2017

Months	Calls Registered	Removal Services Performed	Services without Donations	Donations Received		Run of Ambulance Car No.12 in (K. Metres)
				Removal Services (₹)	Station Fund (₹)	
April 2016	02	03	02	250	24,500	165
May 2016	09	16	09	2,800	Nil	183
June 2016	13	15	07	2,600	39,750	560
July 2016	10	14	05	1,550	43,000	318
August 2016	12	17	07	2,900	30,000	398
September 2016	03	13	04	2,200	34,000	271
October 2016	12	23	13	2,850	14,001	417
November 2016	10	10	02	1,700	11,000	181
December 2016	11	15	08	1,000	24,000	296
January 2017	12	14	04	1,500	13,000	245
February 2017	15	19	07	5,100	22,212	716
March 2017	09	11	03	2,650	25,450	296
Total	118	170	71	27,100	2,80,913	4,046
Total services rendered till March 2017 : 80,641						
April 2017	07	10	05	1,600	12,500	220
Total services rendered till April 2017 : 80,651						

KINDLY SEND YOUR OPTIONS TO RECEIVE BRIGADE GAZZETE ON WEBSITE (bcac.co.in) OR BY E-MAIL (send your email id)

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BOOK - POST

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